



# Nexus Youth Centre Winter Program Calendar-2012

Mississauga Central Library 2nd Floor- 301 Burnhamthorpe Rd. West

- WHAT IS YOUR STORY?**  
 Artistic Youth Unite  
 Tuesday 6-8pm
- Girls Only**  
 Between Us Girls  
 Monday 6-8pm
- Art in Action**  
 Wednesday 6-8:30pm
- Inhale / Exhale**  
 Thursday 5:00-7:00 pm
- Volunteer Training**  
 Every Other Friday of the Month  
 4-6pm
- Help!**  
 Housing, Job Search, Resource Help  
 Saturday 11-5pm

## Connecting Youth With Their Future

Drop-in Hours: Monday 11-9pm Tuesday 10-9pm Wednesday 10-9pm Thursday 10-9pm Friday 10-6pm Saturday 11-5pm



# Winter Program Descriptions

## Between Us Girls

Monday 6-8pm

This is an all girls program that creates a safe space to discuss various issues that women face. Come join us for an evening of girl talk, fancy drinks, nail polish, and all things female. Everything stays 'Between Us Girls.'

## Artistic Youth Unite

Tuesday 6-8pm

This program is designed for aspiring poets, actors, and musicians or for those who would simply like to be entertained. Join us to learn how you can take your artistry to the next level. Learn. Live. Inspire.

## Art In Action

Wednesday 6-8:30pm

Are you looking for a creative outlet? Art is a powerful tool used to evoke thought, emotion, and personal discovery. Come out for an evening of fun, art and and adventure. Art.Matters.

## Inhale | Exhale

Thursday 5-7pm

Pack your sweats and bring your energy! NYC welcomes our own professional health and fitness Guru to help build your mind, body, and soul through teaching effective fitness and health tips that will guide you towards a healthy life.

## Volunteer Training Every Other Friday of the Month 4-6pm

Interested in helping out with the day to day operations of the Youth Centre? If so, this training will equip you with everything you need to know to be a valuable part of the Nexus team. Help out as a NYC assistant, outreach worker, or a group co-facilitator. Speak to a staff for more information.

## Housing, Job Search, Resource Help Saturday 11-5pm

Saturdays are the best time to come to the Drop-in to develop your resume, learn interviewing skills, search for housing and many other resources. You will have the full attention of one of our staff to assist you in accessing essential information without any distractions. Weekdays can get pretty busy around here, come out Saturday for some one on one assistance.

Youth Ages 14-24 Everyone Welcome

For More Information Please contact us at 905-566-1883

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